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HALIFAX

metro®

Thursday, November 18, 2010
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News worth sharing.

43 extra days in jail

► Justice minister offers apology to inmate kept in jail past the end of his sentence ► Incident may be connected to mistaken release of inmate on Nov. 5 ► Internal investigation planned to identify cause of latest errors

The Department of Justice has launched an internal investigation to find out why a man was kept in jail for 43 days after his sentence was over.

The man, who was scheduled to be released on Oct. 5, was kept in the Central Nova Correctional Facility in Burnside until yesterday morning.

Metro has learned the man is Robert Jefferies, in jail for breaking conditions of his release regarding several offences, in-

Early release

► Ross Landry came under fire last week when it was revealed the department had received word of Vernon Martell's release full 24 hours before making that information public.

cluding assaulting a peace officer.

Justice Minister Ross Landry said the de-

partment will investigate what factors led to the extended detention. "(As well as) what might have transpired from there, and any information that might come from that to lead us into any other area of investigation or responsibility," he said.

Landry offered his apologies for the mistake. "I'm sorry if that's what occurred," he told reporters.

While he could not say what caused the extended detention, Landry suggested the

incident might be connected to the mistaken release of Vernon Martell on Nov. 5. Martell was serving an 84-day sentence at the Burnside jail for theft under \$5,000 and breaching his conditions.

The department said "clerical errors" led to Martell's release, and Landry indicated yesterday an issue with the court system led to Jefferies' retention.

● ALEX BOUILIER
MORE COVERAGE, PAGE 3

Herd. Stampede



► Halifax Mooseheads goalie Anthony Terenzio and defenceman Trey Lewis scramble to clear the puck from in front of the Halifax net as two Rouyn-Noranda Huskies players try and pounce on the rebound last night. Halifax won 6-1. Story, page 25.

RYAN TAPLIN/METRO

Mooseheads victorious in a rare home laugher

Major energy announcement coming today

N.L., Emera Inc. reportedly reach development deal {page 4}

Curling ticket sales a sweep

Hurry hard to see this sport at Canada Games {page 6}

Charade just a royal pain

John Mazerolle isn't too excited for Prince William {page 12}

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Friday, Nov. 19th and Dec. 10th

spring
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A woman and a young girl are posing together against a plain, light-colored background. The woman, on the right, has short dark hair and is wearing a strapless, olive-green dress with a draped front. She is looking towards the girl. The young girl, on the left, has shoulder-length blonde hair and is wearing a red sleeveless dress with black polka dots and a ruffled hem. She is looking at the woman. The lighting is soft and even.

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H&M

Proposed hotel could lead to glut



JENNIFER
TAPLIN
@METRONEWS.CA

A new downtown hotel — as part of the convention centre proposal — is worrisome to other hotel operators.

Ben McCrea's Armour Group is working on an office-building and hotel development called Queen's Landing in downtown Halifax. But if Rank Inc.'s proposal goes forward, it

would set Queen's Landing back several years, McCrea states.

"That will put more pressure on the hotel business downtown ... there's going to be a price war and an occupancy war," he said.

"Right now there really isn't a market but we hope in a year or two it will rebound, but with this it will be years and years."

Jeff Ransome, general manager of the Halifax



The convention centre is like the cheese on Mr. (Joe) Ramia's mousetrap. The hotel will work there because it's associated with \$160 million government-funded convention centre."

BEN MCCREA, HEAD OF THE ARMOUR GROUP

Marriott Harbourfront Hotel and also the president of the Hotel Association of Nova Scotia, applauds the

convention centre but is a little worried about a big, new hotel in the area.

"As an operator I look at

the new hotel with mixed emotions: It's great because it's a necessary feature so we can get our convention centre up and running, and then I think there's a period of time where the hotel industry is at risk because of the fact there will be more rooms on the market," he said.

There are about 12 hotels in downtown Halifax, half of which have convention space.

1

news



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The long decline of a former political superstar, Defence Minister Peter MacKay. More at metronews.ca/spindoc

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Opposition moves into attack mode

- Prisoner mix-up the latest snafu to hit provincial justice department
- Another inmate given early release

Opposition critics wasted little time pouncing on Justice Minister Ross Landry over revelations that an inmate at the Burnside jail was held for 43 days after his sentence had ended.

Robert Jefferies was supposed to be released Oct. 5, but wasn't until yesterday morning.

Landry said he has launched an internal investigation into the incident, as well as the "clerical error" that led to the early release of Vernon Martell three weeks earlier.

But Liberal justice critic Michel Samson said the incidents — as well as a brawl that sent multiple guards to the hospital on Monday night at the Central Nova Correctional Facility — reduce confidence in the justice system.

"What I've done today is that I've ordered an internal investigation to be carried out."

JUSTICE MINISTER ROSS LANDRY

"We've been told that the government is taking steps to correct all these problems," Samson told reporters yesterday.

"Only to see now that, once again, an inmate was kept 43 days extra. It just again erodes Nova Scotians' confidence that this government has a handle on the justice department."

Cecil Clarke, whose tenure as justice minister had its own fair share of mistaken releases, said Landry should own up to his mistakes.

● ALEX BOUTILIER



► The Central Nova Scotia Correctional Facility is seen in this file photo.

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METRO



► Premier Darrell Dexter speaks with reporters in this file photo.

Hydro deal with N.L. would be 'historic': Dexter

Premier, Danny Williams plan news conference for today to announce 'significant energy partnership'

A deal to develop the proposed Lower Churchill hydroelectric project in Labrador would be a vital boost to Atlantic Canada's economy, Premier Darrell Dexter said yesterday amid reports an agreement has been reached.

Dexter said there was still work to do before he could confirm reports that Halifax-based Emera Inc., the owner of Nova Scotia Power, has signed a deal with the government of Newfoundland and Labrador to develop 800 megawatts of power at Muskrat Falls and transmit it to his province.

But if finalized, the deal could herald major eco-

Cost estimate

The cost of the cable project isn't known, but an SNC-Lavalin study has estimated it would be between \$800 million and \$1.2 billion.

nomic change for the East Coast, Dexter said.

"We are in a position where we have the opportunity to make an historic change in the economic fundamentals of our region, and I would like to allow that to come to an orderly conclusion," Dexter said.

"I rely on many years of

experience in negotiations, which tells me that you may believe that you have an agreement right up to the last minute and then something goes south."

In recent weeks, Premier Danny Williams has publicly mused that a deal was near completion, which would see the construction of subsea cables. Those cables would carry hydroelectricity to Nova Scotia and Newfoundland from Muskrat Falls.

Dexter said the project would guarantee access to clean, renewable power and be a potential revenue generator if the electricity is sold elsewhere.

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Auditor flags security flaws in government computers

Security weaknesses in computer systems operated by Service Nova Scotia and Municipal Relations place a wide range of personal and business information at risk, the auditor general concluded in a report released yesterday.

Jacques Lapointe said he found problems in the way passwords are controlled, computer accounts are set up and security changes are made, which means risk information in three of four registries can be used inappropriately by department staff and contract employees.

The problems primarily affect the land, business and joint stock registries.

"Security configuration settings for the IT systems that support the registries



► Auditor general Jacques Lapointe

are not sufficient to prevent unauthorized access," the report states. "Improperly configured systems limit (the department's) ability to ensure information it retains is secure."

Lapointe said that in addition to the internal risk,

Disability needs

The report also criticizes the Community Services Department for failing to properly assess whether the needs of people with disabilities are being met in some of its community-based services, which includes family support, independent living, and small homes where three or fewer people with disabilities receive care.

the potential exists for external hackers to get into the system through collusion, bribery and blackmail, which could lead to identity theft, the loss of land ownership or the disruption of business operations.

THE CANADIAN PRESS

Province tightening conflict-of-interest rules

New conflict-of-interest legislation in Nova Scotia would clamp down on lobbying by former cabinet ministers and require legislature members to make greater public disclosures of their assets and debts.

Under the legislation, members would have to disclose assets and debts of more than \$10,000, as opposed to \$25,000 in the previous act, and disclosure statements would be posted on public website by the conflict of interest commissioner.

Members would also have to disclose the names of those who owe them a debt of more than \$10,000, again changed from \$25,000.

The government says that as a general rule, members can't accept gifts, fees

Ethics code?

Liberal Leader Stephen McNeil says the new legislation is lacking an important component — a code of ethics for all provincial politicians.

or other benefits as part of their work.

As well, cabinet ministers and their assistants would not be permitted to lobby the government or accept a contract or benefit awarded by a government decision-maker for 12 months after departing office.

The restriction also applies to members and public employees for six months after leaving office.

THE CANADIAN PRESS

Sandwiches may contain Listeria

The Canadian Food Inspection Agency is warning the public not to eat certain ham and cheese sandwiches made by Atlantic Prepared Food Ltd. of Prince Edward Island.

The agency said the affected sandwiches from the company in Alberton may be contaminated with Listeria.

The product, in a 185-gram package, has a best-before date of Dec. 6.

The agency said the sandwiches were sold in Prince Edward Island and Nova Scotia.

The packages are also marked with UPC 0 55742 98002 8 and a legend with establishment number 514.

THE CANADIAN PRESS

INVESTIGATION

Police still waiting on autopsy

Police still have no definitive timeframe on when results into the autopsy of a man who died from being shot in late September will be known.

Halifax Regional Police spokesman Const. Brian Palmeter said yesterday they're still awaiting tests to be completed

from the autopsy and that he wasn't sure how long that would take.

Until the cause of death is known, police can't rule it as a homicide.

A 33-year-old shot in Dartmouth in late September died of his injuries in hospital last Saturday.

Police have made no arrests in the case but say it doesn't appear to be random.

If deemed a homicide, it would be the 10th in HRM this year.

● PHILIP CROUCHER

Berwick plant slated to close

Maple Leaf Foods Inc. has announced plans to close its prepared-meats plant in Berwick in the spring, throwing 280 people out of work.

The shutdown at the northern Nova Scotia plant — which produces bacon, ham, sliced meats, sausage and deli products, primarily under the Larsen and private label brands — is part of a larger restructuring and consolidation of Maple Leaf's operations.

"Our industry is under mounting competitive

Consolidation

► Production from the plant will be consolidated at Maple Leaf operations in New Brunswick and Ontario, where there is available capacity.

pressure to become more efficient, and this means we have to make very difficult decisions," Michael McCain, Maple Leaf's president and CEO, said in a release after stock markets closed.

THE CANADIAN PRESS

News in brief**Teen in custody in relation to fire**

ARSON. A second youth has been charged in relation to an arson in Uniacke Square earlier this month.

Halifax Regional Police say a 13-year-old male was arrested on Tuesday night and was to appear in youth court yesterday on charges of arson and breach of probation.

An 18-year-old male has also been charged in relation to this incident on Nov. 8 in the 5400 block of Sunrise Walk.

● METRO

Snowblower, tools stolen

ROBBERY. Police are investigating a break and enter into a storage container at a residence that also serves as a business in Cole Harbour.

The container at the independently owned construction company was broken into on Nov. 16, according to police.

The stolen items were a utility trailer, lawn-care equipment, tools and a snowblower.

● METRO

Police make arrest after charity thefts

CRIME. A 17-year-old has been charged in the theft of donation jars for a youth centre in Glace Bay.

One jar was stolen from a clothing store on Commercial Street on Monday afternoon.

Last week, a jar was taken from an auto repair shop on Main Street.

In both cases, a teenager entered the business and asked to use the phone before grabbing the jar and running off.

The money was being collected for the Lighthouse Church Undercurrent Youth Centre. THE CANADIAN PRESS

N.S. tips cap to acts of bravery

► Four awarded for putting their lives at risk to help others ► 'Such a selfless act deserves our recognition and respect': Premier Darrell Dexter



JENNIFER TAPLIN
@METRONEWS.CA

Steven Wilton says he's an "all right swimmer," but on the night his bus crashed into a river, his aquatic skills were tested.

He was on board an Acadian Line bus when it skidded over a bridge and landed in the Tracadie River on the night of Jan. 23. He swam to the front of the bus, escaped, and flagged down drivers to call 911.

"There weren't very many decisions to make, just evaluating the situation and saying, 'Wow, we're in the water and let's get out of the water,'" said the 21-year-old university student from New Waterford.

He said he didn't even notice the icy water.

Yesterday, Wilton and three others were honoured with bravery awards handed out by Premier Darrell Dexter.

The youngest recipient was 15-year-old Daniel Blinkhorn of Barrington, who rescued his mother from their burning house in June 2009.

Yesterday he wore running shoes with his suit as he was given the medal by the premier, but later he didn't want to talk about that frightening night with reporters.

About a year ago,



► Constance Glube, right, former chief justice of Nova Scotia, congratulates bravery medal recipient Steven Wilton at an event at Province House yesterday.

Jerome Tracey of Port Hawkesbury was woken by his son who noticed flames coming from the house across the street. Tracey not only rescued that family, but the family from the house next door.

Colin Brownell was driving on Highway 6 in May 2009 when he noticed a car on its side. He looked in his rearview mirror and saw a hand pressed on the windshield. Brownell rescued the man trapped inside.

Selection process

► Recipients were nominated by community members, then picked by an advisory panel chaired by Constance Glube, former chief justice of Nova Scotia.

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Curling fans sweep up Games tickets

► Ticket prices range from \$10 to \$100 ► Organizers reached their quota for 5,000 volunteers this month

JENNIFER TAPLIN
@METRONEWS.CA

Curling is the hottest ticket — and the first event to sell out — at the Halifax 2011 Canada Games.

"The gold medal and the bronze medal matches, both male and female, have sold out," said Melissa MacKinnon, spokeswoman for the Games.

The semi-final match for women's curling has also sold out.

Not bad, considering ticket packages went on sale last month and individual ticket sales took off Nov. 3.

"It's the only thing to

sales. Games will be played in the Metro Centre so there are plenty of tickets to go around.

MacKinnon said the gold medal men's hockey isn't close to selling out yet.

Games organizers have already reached and exceeded their ticket-selling goal for November.

"We had the goal of being at about 15 per cent at the end of November and we've exceeded that goal. We're a little over that right now."

She said this excitement is not a surprise considering the overwhelming success of their call for volunteers.

Canada Games

► The 2011 Games, the largest multi-sport event in this province's history, will begin on Feb. 11. Athletes will compete in 20 sports at in venues around HRM.

sell out so far," MacKinnon said.

"Curling is pretty popular in Nova Scotia but it's a small venue as well."

The historic Mayflower Curling Club can only handle crowds of 250.

Hockey, of course, is a close second in ticket



Downtown. Protest

Students speak out on school fees

The street behind Province House was closed off at noon yesterday for a public lecture on the benefits of reducing tuition fees. The event was hosted by the Canadian Federation of Students-Nova Scotia.

Dal department wins honour

Myra nounced yesterday its Faculty of Management had won European CEO magazine's Global Business Education award for the

most innovative business school in Canada.

"Being chosen for this award ... is a testament to our vision and commitment," Peggy Cunningham,

35 Canadian business schools were up for the award.

the department's dean, said in a release. ● METRO



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Breathe easy — asthma on decline

Decrease in rates of smoking one of the factors that has helped reduce cases in children aged two to seven, experts say

Lighting up

Dr. Allan Becker, a pediatric allergist, said "there's no question" that a decline in smoking rates helps.

Parents who smoke. "Children of parents who smoke have a much higher frequency of colds, of respiratory infections, and among those children, the viral illnesses are the major causes of these wheezing illnesses," he said. "And that would suggest, then, a diagnosis of asthma. So with fewer — especially young parents — smoking, it really does make a difference in the likelihood that these children will have wheezy episodes with their colds."

Asthma cases have dropped among two- to seven-year-olds to their lowest level in more than a decade, Statistics Canada reported yesterday.

One factor that may have contributed to the decline is the hand-in-hand drop in smoking rates across the country, along with changes in diagnosis patterns, experts say.

The percentage of kids with asthma rose from 11 per cent to 13 per cent from 1994 to 2001, but by last year, the figure had fallen to 10 per cent.

Since the turn of the century, the percentage of kids with asthma has fallen in the Atlantic provinces, Ontario and Quebec, but remained fairly stable in the Prairie provinces and British Columbia, the study showed.

Dr. Allan Becker, a pediatric allergist, said the overall findings don't surprise him.

"There are two things that I think are probably going on. One is that we may actually be seeing a real plateau in asthma prevalence, and that's entirely possible," he said from Winnipeg, where he is head of the section of Allergy and Clinical Immunology in the department of pediatrics and child health at the University of Manitoba.

"And secondly that there is that diagnostic perception now that not all that wheezes is asthma. That's an aphorism that we've heard from our professors many, many, many years ago, mostly speaking about adults. But now that's equally true in terms

of children."

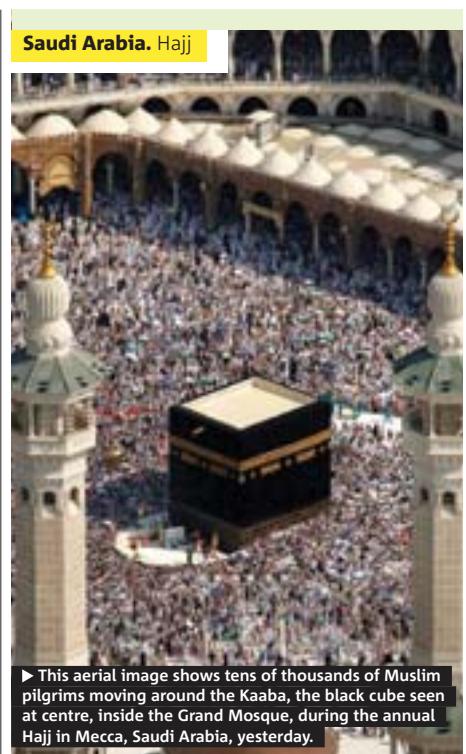
The study found that a significantly higher percentage of boys than girls had been diagnosed with asthma over the 14-year period. The upturn in asthma prevalence to 2000 and the decline that followed was seen in all age groups.

A key finding is that the percentage of children with asthma who reported an asthma attack in the past 12 months fell steadily from 53 per cent in the mid-1990s to 36 per cent last year.

Becker gives credit to education targeted at children, their families, primary care physicians and pediatricians, who are doing an "excellent job" in helping to control asthma.

But he said it's not as good as it should be.

THE CANADIAN PRESS



► This aerial image shows tens of thousands of Muslim pilgrims moving around the Kaaba, the black cube seen at centre, inside the Grand Mosque, during the annual Hajj in Mecca, Saudi Arabia, yesterday.

HASSAN AMMAR/THE ASSOCIATED PRESS

Millions in Mecca

The annual Islamic pilgrimage draws 2.5 million visitors each year, making it the largest yearly gathering of people in the world.

Create offshore agency: Chopper probe official

Newfoundland's offshore oil industry needs a separate agency to better oversee safety, the head of a probe into chopper safety said yesterday.

Commissioner Robert Wells said he issued 29 recommendations to improve the transportation of offshore oil workers after Cougar Flight 491 crashed into the Atlantic Ocean last year, killing 17 people.

Wells said his top rec-

ommendation is to establish an offshore safety body or an autonomous division within the Canada-Newfoundland and Labrador Offshore Petroleum Board, which regulates the industry.

"One of the most important thrusts of the report is that regulation should be strengthened and become more proactive and vigorous — and that safety should never, ever be



► The four-volume report is delivered to the Canadian Newfoundland and Labrador Offshore Petroleum Board in St. John's yesterday.

taken for granted," Wells said in an interview.

"Part of my recommendation is that there either be a separate safety body as there is in Norway, the United Kingdom and Australia, or there should be a separate division of the present regulator, the C-NLOPB, which would be strengthened greatly in terms of resources and individuals."

THE CANADIAN PRESS

Investigated

The cause of the Cougar Flight 491 disaster is still under investigation by the Transportation Safety Board. It has cited a loss of oil pressure after two studs securing the oil filter assembly to the main gearbox snapped in flight. Oil flowing through the main gearbox helps power the chopper's rotor drive.

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News in brief

Cash-strapped Games village in receivership

MONEY. The financially-troubled Olympic Village in Vancouver has been put into receivership.

The City of Vancouver announced yesterday that Ernst and Young was assuming control of the Millennium Southeast False Creek Properties and the Millennium Water development.

"The agreement we

have reached today is in the best interests of Vancouver taxpayers and the long-term health of the Olympic Village," Mayor Gregor Robertson said in a statement.

He thanked Millennium for their work "building an amazing neighbourhood under the difficult deadline" of the Games.

THE CANADIAN PRESS

B.C. Liberals put promised tax cut on hold

POLITICS. The B.C. cabinet has suspended the 15-percent tax cut Premier Gor-

don Campbell promised just three weeks ago, saying the move is necessary to give leadership candidates more choices.

The dramatic rate reduction on the first \$72,000 of personal income was announced three weeks ago and would have taken effect on Jan 1, 2011.

But after Campbell introduced it in a television address aimed at propping up his sagging popularity, the premier announced he's quitting as soon as a new leader is chosen.

The B.C. Liberals will make that choice Feb. 26.

THE CANADIAN PRESS

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RIGHT: EDIT by Jeanne Beker
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the Bay

Bristol Palin's dance a blast — of a shotgun

► 'Raging' man shot up his TV during Dancing With The Stars, wife says ► 'He scared the bejeebees out of me'

A rural Wisconsin man apparently enraged by Bristol Palin's Dancing With The Stars routine blasted his television with a shotgun, leading to an all-night standoff with a SWAT team, investigators say.

Steven Cowan, 67, was arrested after officers coaxed him out of his house in Vermont, a farming community near Madison, Wis.

Cowan, who is accused of threatening his wife with the gun after destroying the TV, appeared in a Madison courtroom yesterday on a charge of second-degree reckless endangerment. His bail was set at \$1,500.



► Steven Cowan

Cowan's wife, Janice Cowan, told investigators her husband suffers from bipolar disorder and threatened her life in the past.

According to court documents, Janice Cowan said

her husband came home Monday from the bar and had a beer with dinner before they settled down to watch Dancing With The Stars.

When Palin, the 20-year-old daughter of U.S. politician Sarah Palin, began her routine, Cowan jumped up and began swearing.

Janice Cowan said her husband left the living room and reappeared 20 minutes later with his shotgun, "raging" with his face bright red, and blasted the TV.

"He scared the bejeebees out of me," she told detectives.

THE ASSOCIATED PRESS

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metro



► A student demonstrates in Milan yesterday.

ANTONIO CALANNI/THE ASSOCIATED PRESS

Berlusconi bombshell

Politics have hit turbulence in Italy. Premier Silvio Berlusconi will face a do-or-die confidence vote Dec. 14, reports say. And students demonstrated against education reforms in many cities yesterday.

Sleepy pilot blamed for crash that killed 158

The pilot of an Air India flight that crashed in May, killing 158 passengers, slept through more than half the flight and woke up disoriented when it was time to land the aircraft, investigators say.

Data recorders on the plane caught the sound of heavy nasal snoring and breathing, the Hindustan Times newspaper said.

Investigators say flight commander Zlatko Glusica's reactions were slow while bringing the aircraft in for a landing at Mangalore airport.

The Air India Express flight from Dubai overshot a hilltop runway, crashed and plunged over a cliff. Eight people survived.

THE ASSOCIATED PRESS

Cockpit peril

► Studies show exhaustion can impair a pilot's judgment in much the same way alcohol does.

New leaders wanted: Poll



SEAN KILPATRICK/THE CANADIAN PRESS

Canadians would like to see fresh leaders at the helm of both the federal Conservative and Liberal parties, a new poll suggests.

Half of respondents to The CP Harris-Decima survey of 1,000 people said the Conservatives need to replace Prime Minister Stephen Harper.

And 64 per cent said the Liberals need to replace Michael Ignatieff.

Harper at least enjoyed solid support among those who identified themselves

results help explain why the Tories and Liberals remain persistently mired in a dead heat, both well short of the support levels needed to win a majority.

Respondents supported the continued leadership of the NDP's Jack Layton and the Green Party's Elizabeth May.

In Quebec, Gilles Duceppe's continued leadership of the Bloc was endorsed by 52 per cent, with 37 per cent wanting a new leader.

Harris-Decima chairman Allan Gregg said the

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Housing market collapse?

► U.S. economist says housing prices in Canada should ring alarm bells

Market moment

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One of the first economists to accurately predict America's housing meltdown is warning Canadians they could face something similar if steps are not taken to restrain the sector.

Dean Baker of the Washington-based Centre for Economic and Policy Research says he sees no reason why average home prices in Canada should be about 50 per cent higher than in the United States.

Noting that average in-

comes in Canada are lower than those in the U.S. and land values are not appreciably higher, the fundamentals don't justify the price premium, Baker said.

"It looks to me like you have some real problems," he said. "There's a lot of things that look ominous. Debt to income ratios in Canada are close to what they were in the U.S. at the peak of the bubble, so there could be some pretty serious fallout."

The bailout

► Dean Baker has ridiculed the U.S. elite for favouring the bailout, asking, "How do you make a D.C. intellectual look less articulate than Sarah Palin being interviewed by Katie Couric? That's easy. You ask them how failure to pass the bailout will give us a Great Depression."

Canada could see house

prices collapse by 25 to 30 per cent if interest rates rise by about two percentage points, he said.

Baker was recently given the Revere Award along with two others for being the first to sound the alarm on the U.S. housing bubble, five years before it burst.

Canada's hot housing market has been one of the strongest sectors to come out of recession in terms of both volume and prices. THE CANADIAN PRESS

Revvving. The engine



► German supermodel Heidi Klum unveils the new Volkswagen EOS convertible at the Volkswagen exhibit at the Los Angeles Auto Show yesterday.

DAMIAN DOVARGANES/THE ASSOCIATED PRESS

The girl, and the car

Americans are migrating to smaller things in other areas of their lives, like housing, and will gradually adopt smaller cars, experts say. Downsizing may even be essential as stricter fuel economy rules take effect in 2016.



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CAN'T WE JUST SKIP THE WHOLE CHARADE?

He says ...

JOHN MAZEROLLE



If I were king for a day, I would abolish the monarchy.

I've used that joke for years and I still don't understand why we pay so much attention to a group of inbred photo posers who have all the power of a 20-watt light bulb.

The latest news to have monarchists in a tizzy is, of course, the engagement of Prince "Two sniper shots from the crown" William and Kate. All I really know about them is that she's pretty, while he's the one that started handsome and got British looking, as opposed to his brother, who started British looking and got handsome.

I know monarchists like to rant about the institution's

historic importance, but here's a quote from their post-engagement interview, which got more media coverage than the moon landing: "When I was trying to impress Kate, I was trying to cook these amazing fancy dinners and what would happen was I would burn something ... so I was quite glad she was there at the time."

That knocking sound you hear is me banging my head off the table repeatedly.

Canadians love to mock Americans for their allegiance to God, but here we are under the monarchy, essentially our spiritual leader — specifically, an awkward

family led by an old woman from another country who speaks to God on our behalf.

If I were religious, I would wonder why everybody else gets to speak with The Boss while I keep getting forwarded to the regional office.

I trust that very few people accept the crown on a religious level, but then the question becomes: Why do we need a monarchy at all?

The monarchy exists so we can: 1. Pretend they're not real people; and 2. Act shocked when they act like real people. If they do something normal, like grieve at a funeral, we laud them for being just

like us. If they do something normal like get a divorce, we rip them for being just like us. Can't we just skip the whole charade?

Even on its most frivolous level, the monarchy is redundant. It was annoying to me in the '90s because it was clearly the Everest of pop culture, famous "because it's there."

But today, who isn't famous for being famous? What reality show contestant doesn't think they speak for the masses? What celebrity doesn't believe they have the wisdom of a god?

And if everyone can be king or queen, why do we need one?

Common sense is dead. Long live the king.

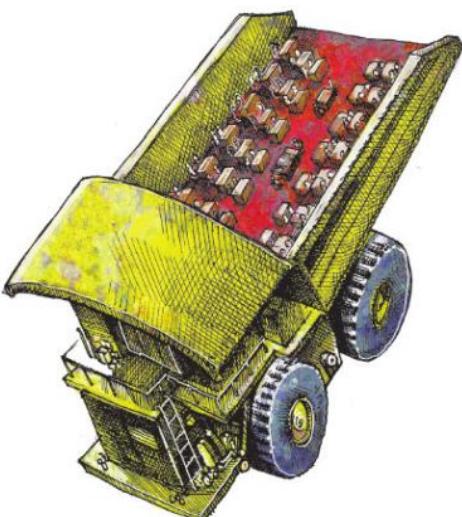


Read more of
John Mazerolle's columns
at metroneWS.ca/hesays

Cartoon

MICHAEL DE ADDER

THE CONSERVATIVE CONTROLLED SENATE:



After metro

Worth mentioning

A new report says India could be 2 C warmer than 1970s levels within 20 years — a change that would disrupt rain cycles and wreak havoc on the country's agriculture and freshwater supplies, experts said yesterday.

More flooding, more drought and a spreading of malaria would occur, as the disease migrates northward into Kashmir and the Himalayas, according to the report by 220 Indian scientists and 120 research institutions.

The temperature rise, which could be even more extreme along the coasts, would cause drastic changes in India's rain cy-

Warming warning



cles that threaten water supplies and agriculture — the key source of livelihood for most of India's 1.2 billion people.

The report comes out just weeks before the Nov. 29 start of the UN climate summit in Cancun, Mexico, where nations will try again to reach a global agreement to limit greenhouse gas emissions

thought to contribute to global warming. India's many ecosystems and proximity to the equator make it particularly sensitive to climate change, experts say. The fact most of the country relies on freshwater sources, rather than desalinating sea water, amplifies the threat of global warming on society. THE ASSOCIATED PRESS

Who do you think is the sexiest man alive? Why?

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Metro Minute with Jenn Grant

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Director Jodi Brown

Singer-songwriter Jenn Grant of Halifax is performing in front of her hometown fans tonight as she takes the stage at the Paragon Theatre.

Grant is currently touring across the Maritimes, before heading off to Toronto for a concert at Massey Hall with the Bare-naked Ladies on Nov. 26.

The award-winning per-

former has three albums to her credit, including the 2009 release Echoes.

Most recently, Grant collaborated with Buck 65 on the song Cold Steel Drum from the group's album 20 Odd Years Volume 3.

Tickets for tonight's show are \$20. Showtime is 10 p.m.

• METRO





Putting all our money on banks

► How versatile actress Elizabeth Banks can do comedy and drama at once ► What she learned in prison for her role in The Next Three Days

 HEIDI
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As an actress, Elizabeth Banks is impossible to put in a box. In one fall movie season, she was alternately in a comedy about a home-made porno at the same time that she appeared in W as former first lady Laura Bush. Even now, while currently starring as Jack Donaghy's love interest in NBC's comedy 30 Rock,

she's appearing in theatres as a suicidal heroine in the suspense film The Next Three Days, alongside Russell Crowe.

"I feel like I was getting a little bit caught up in being the girl in a bunch of boy's funny movies and it just becomes less interesting the more and more you do that," the actress explains while munching on some M&M's in New York's Waldorf Astoria Hotel. "To be presented with

"I feel like I was getting a little bit caught up in being the girl in a bunch of boy's funny movies..."

ELIZABETH BANKS, ACTRESS

something that was going to challenge a whole other set of tools that I have as an actor and also to be able to play with Russell and

[director] Paul Haggis, who are just at the top of their game, it was such a no-brainer."

In the The Next Three Days, her character, Lara Brennan, is accused of a murder that she claims she didn't commit. When her mental health begins to deteriorate behind bars as it becomes clear that she cannot escape her fate, husband John (Crowe) plans to go to any lengths to save her.

Behind bars

Banks interviewed some inmates to learn the details of their day-to-day lives for her role.

► Prison She plays the role of a woman on edge behind bars

► Inmates drained their prison toilets and used the pipes as a phone system. "Whoever is on your pipe system, you can start talking to at night," Banks said.

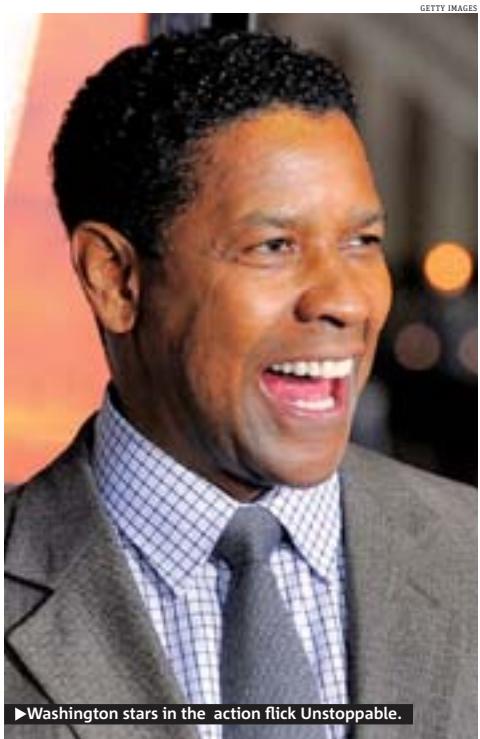
Scene in brief



Ryan Reynolds is the first Canadian to snag People magazine's sexiest man alive title. The Vancouver-born hunk, known for his clean-cut good looks and chiselled abs, earns the honour as the annual list marks its 25th anniversary. The celebrity magazine offered a sneak peak at its upcoming cover – due Friday – which features a rumpled Reynolds sitting on the floor in a T-shirt and leaning against a bed. "The sexiest thing about Canadians is that there's an inherent ability to be self-deprecating," Reynolds said.

THE CANADIAN PRESS

Charismatic, modest Denzel



► His latest film looks at the struggles of the working class in the U.S. ► Actor's goal was to be on Broadway

 JÉRÔME
VERMEULEN
METRO WORLD NEWS IN PARIS

At age 55, Denzel Washington plays a veteran railway engineer chasing after a runaway train in the high-octane action flick Unstoppable, loosely based on a real-life incident.

Metro met the charismatic yet modest two-time Academy Award-winning actor in Paris, where he has been promoting his latest film.

Unstoppable is your fifth movie with [director] Tony Scott. What's the secret of your collaboration?
I love him! We had a lot of success together and we get along pretty well. We are good friends. He's a good director and I trust him. And, he keeps calling me!

You had a humble upbringing in New York. Your latest film, about railway workers stuck in a crisis, sounds like a tribute to the American working class?

This is not the reason why I accepted the part in the movie, but it quickly became a tribute to the people we met where we filmed, in Ohio, in the west of Pennsylvania and Virginia.

Some of these regions are deprived, with a high unemployment rate and where people who have a job are working very hard to keep it.

Unstoppable is not only about a train running out of control. It's also about problems the U.S. is living in right now.

You were the second African American man (after Sidney Poitier in 1958) to win the Oscar for Best Actor. Was he a big influence on you?

Not really as when I started acting, Sidney was already shooting comedies. He wasn't playing in many dramas at that stage. And the only black star at the time was Richard Pryor, who was more like a comic.

Therefore, I had no references. I took theatre classes; people thought I was quite good and I liked it. I was dreaming of a career on Broadway, not on the big screen. Hollywood wasn't such an appeal. I was more attracted by independent movies. I loved Taxi Driver, for instance.

Do you share the same values as your film's character?

Not necessarily. Look, my character Frank Lucas in American Gangster is a murderer and a drug dealer, and I don't share a thing with this guy! It's the same thing with Alonzo Harris in Training Day.



Brooklyn bedroom pop duo Small Black swap 'cruddy Casio beats' for full sound on debut album.

METRO CUSTOM PUBLISHING

HOLIDAY SHOPPING

Spring Garden Road

Top holiday
themed books

page 03

Getting into the
holiday spirits

page 08

Gearing up for
winter fun

page 06

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One benefit of doing your holiday shopping in downtown Halifax is that you can pop into several shops within walking distance of each other that carry unique items you definitely won't find in a big-box store. One of them is Jennifer's of Nova Scotia, located at 5635 Spring Garden Rd., right at the corner of Dresden Row.

Established in 1978, the store currently carries more than 7,600 items from 176 artisans from across Atlantic Canada. In fact, it boasts the largest collection of handmade products under one roof in the region. And while to the untrained eye Jennifer's might appear to be mainly a tourist shop, in reality it's so much more.

"About 70 per cent of our annual sales are made by our Nova Scotia customers," says manager and owner Kurt Bulger, who has worked at Jennifer's for 29 years.

During the holiday season, there's a wide selection of handmade Christmas-tree decorations made from pewter, stained glass,

wood, felt and wool. Pottery "candle wreaths" make ideal advent wreaths that can be filled with flowers or regular candles the rest of the year.

"We try to source as many special Christmas decorations and gifts as we can at this time of year," says Bulger. Great ideas for presents include preserves, mulling spices, soap, maple and blueberry sauce, saltwater taffy and the ever-popular ribbon barley candy from Robertson's Candy in Truro, N.S.

If it's warm winter wear you're seeking, you'll want to snuggle into the line of soft knitted wool mittens, hats, scarves and sweaters.

Customer service is king at Jennifer's; for certain small items, the staff will put your purchase in a complimentary gift box. "Shop early to get the best selection and so you can have a unique experience you'll enjoy," advises Bulger. "Then you can Christmas shop the way it's supposed to be done—at independent merchants, when you're calm and relaxed." — Jane Doucet

Next issue
of HOLIDAY
SHOPPING:
December 9



A small sampling of Christmas gift items at Jennifer's of Nova Scotia.

Jennifer's of Nova Scotia

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Oozing with charm

Choices abound at children's bookstore

Where's one main reason that Woozles is Canada's oldest children's bookstore. "Our longevity is a testament to the loyalty of our customers," says manager Suzy MacLean. It also doesn't hurt that the staff are "book fiends" who pride themselves on their product knowledge and customer-service skills.

Located since its establishment in 1978 in what used to be a private residence at 1533 Birmingham St., selling unique books and toys remains the order of the day. "We try to find out what each customer needs," says MacLean. "And we never rush anyone out the door." There's no reason to depart quickly; the cozy but charming space has a comfy chair, plus two train sets and a rocket



Woozles is Canada's oldest children's bookstore.

ship to entertain children.

Although Woozles sells books by national and international authors, it's known for promoting East Coast writers. "We're lucky that so many good books are written by Atlantic Canadians," says MacLean. "This region has great storytellers."

On the shelves are books and toys that will appeal to everyone from newborns to older teenagers—even adults who are young at heart. The staff is

currently working toward carrying a larger line of Atlantic Canadian-made toys. "All of the toys we carry have the highest safety rating possible, which is what customers tell us they want," says MacLean.

If you have children on your holiday list, there's no better place to begin than Woozles. Just don't delay. "The sooner you start shopping the better, especially if you want to place a special order," says MacLean. "It's a busy time of year but a fun one—there's a great energy in the air." — Jane Douce

WOOZLES' TOP 10 HOLIDAY BOOKS

1. **Polar Express** by Chris Van Allsburg
2. **The Best Christmas Pageant Ever** by Barbara Robinson
3. **The True Meaning of Crumbfest** by David Weale
4. **How the Grinch Stole Christmas** by Dr. Seuss
5. **Hershel and the Hanukkah Goblins** by Eric Kimmel
6. **Great Joy** by Kate DiCamillo
7. **Duck & Goose: It's Time for Christmas** by Tad Hills
8. **Fancy Nancy: Splendiferous Christmas** by Jane O'Connor
9. **The Snowman** by Raymond Briggs
10. **The Christmas Magic** by Lauren Thompson

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It's no surprise that more and more people are discovering the delights of cooking, according to Cucina Moderna owner Ariz David. After all, there has been something of an explosion of interest in the culinary arts in recent years.

With the rise of a host of celebrity chefs—everyone from Britain's foul-mouthed Gordon Ramsey to such local stars as P.E.I.'s Michael Smith—regular folks are learning to cook dishes that their mothers have never heard of.

"There's even a cable channel dedicated to food and cooking," says David. "It seems like you can't turn on the television these days without coming across a show about food."

Celebrating five years in business, Cucina Moderna has two Metro Halifax locations dedicated to the kitchen, one at 1535 Dresden Row off Spring Garden Road. "We cater to people who love to cook and entertain—everyone from the aspiring cook to the most experienced chef," says David. "We offer high-quality kitchenware, but not necessarily at a high price."

Catering to serious gourmands and budding chefs means staying on top of the latest trends with products that deliver on quality and usability. "We look for the items that get the best reviews in the food magazines," says David. That can mean anything from the latest in hot cookware, a new \$5 gadget or a \$4,000 espresso machine.



Cucina Moderna sells high-quality kitchenware, but not necessarily at a high price.

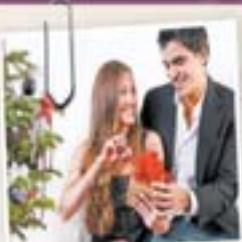
Cucina Moderna

Inspired by some of the finest kitchen stores in the world, Cucina Moderna offers a complete gift-registry service, full bridal consultation and regular product demos. With an experienced staff who love to cook, everyone who works at Cucina Moderna has a great deal of product knowledge.

"We carry everything from the lowest-priced item to the highest-priced item in every category, and we can tell you all about them," says David. "Whether you're looking for the perfect gift to put under the tree or a last-minute stocking stuffer, we've got something for everyone."

— Tom Mason

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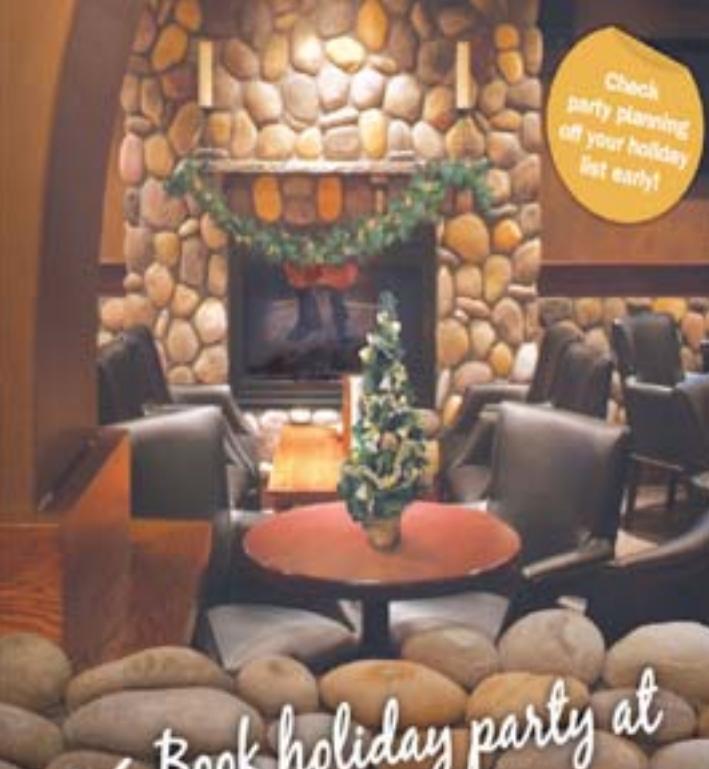


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Susie's Shortbreads shines

Seasonally themed sweet treats are a hit this holiday season



Owner TJ Peach in her cupcake-catering truck.

Susie's Shortbreads

The first weekend of November, TJ Peach took her pink cupcake-catering truck to her first Christmas fair of the season and brought it home empty. "We sold out of everything," says Peach, the owner of Susie's Shortbreads at 1589 Dresden Row. "People were excited to buy our festive flavours."

The holidays are an intense season for Peach and her bakers. She has brought back popular seasonal flavours from last year, including candy cane, gingerbread and eggnog cupcakes throughout November and December.

"We also have hand-sculpted toppers for our cupcakes," says Peach, who creates her own cake and topper

designs. "Those will be holly berries, snowmen and penguins, and they're all very cute."

Cupcakes are the basis for Peach's business, but she notes that cookie sales also increase at this time of year. For those who like to bake at home, a popular pick is Susie's shortbread cookie dough, which is sold frozen in tubs. Peach predicts the shortbread that gives her store its name will fly off the shelves for parties and gift giving.



"Everyone's in the holiday mood, and for a shortbread company it's the time of year to shine," says Peach. "I don't think people will ever stop doing their own home baking, but there are certainly a lot of people who prefer to come to us than do it themselves." — Shaina Luck

SATISFY YOUR SWEET TOOTH

If all you want for Christmas is your two sweet teeth, Susie's Shortbreads sells several types of delectables, some of which come with a built-in holiday theme. Owner TJ Peach recommends the following:

* Susie's just released its classic vanilla cupcake mix for home baking. The mix is available in both regular and gluten-free forms. Peach says the gluten-free version has been flying off the shelves.

* Susie's can put any photo or image on an edible cookie. Provide your own image or choose from popular themed characters.

* Cupcakes remain the biggest seller at Susie's. Holiday flavours include candy cane, gingerbread and eggnog.

1535 Dresden Row, Halifax, Nova Scotia | www.dresdenrowmarket.ca



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Stuff stockings with team spirit

The game has moved indoors, but SoccerStop is as busy as ever

It has been a winning few months for SoccerStop, the specialty sport store that opened in May and that's located at 5551 Clyde Street in Halifax, just off Spring Garden Road.

General manager Ranga Rankaduwa is pleased with the welcome the store has received from both local and provincial soccer players and fans. And although the game has moved off the outdoor fields thanks to the colder, wetter weather, he predicts that the upcoming holiday season will be as busy as ever.

"The professional teams and competitions still run during this time of the year," says

Rankaduwa. Part of his job is to make sure that SoccerStop always has a wide range of jerseys, posters, key chains and other small items that would make great stocking stuffers. At this time of year, he'll sell less equipment for players but more items for those wanting to show team spirit.

"Fans like to show their teams' colours and pride," says Rankaduwa. "Whether it's a professional club or a national team's professional club, we'll see a lot of sales, from posters to key chains." But athletes—and the parents of young players—won't stop shopping for gear, since there are indoor soccer leagues in



Soccer enthusiasts can shop 'til they drop, even through the winter.

SoccerStop

Halifax and the rest of Nova Scotia that run all year long. "Although the sport may not be played as much as it is in the summer," says Rankaduwa, "it's still has quite a strong show of support in the winter."

So far the stars have aligned for SoccerStop's first season: There was the World Cup in the summer, which boosted the sport's popularity, and Soccer Nova Scotia is building a new indoor

facility in Halifax's Clayton Park neighbourhood, meaning the indoor game will be able to grow at the local level.

Rankaduwa attributes the success of SoccerStop to the wide selection of items and the superior customer service offered by the staff. That's the edge his "team" has over a big-box store: "Our employees eat, sleep, and drink the game." — Shaina Luck

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The sporting season

Cleve's conjures up visions of ski slopes and hockey rinks

An institution in downtown Halifax for six decades, Cleve's Source for Sports has become famous throughout the Maritimes for selling the best-quality sporting gear to an ever-changing community of athletes.

The store has been providing something else along with it, according to Kristen Fiander, the manager at the 5657 Spring Garden Rd. location. "We sell fun," she says. "That's our motto, and that's what we do best."

Of course, the definition of fun all depends on whom you're asking and their activity of choice. Cleve's carries something for all of the sport-minded people on your Christmas list, including a wide selection of equipment for athletes of all ages, abilities and interests. There's everything from the latest hockey, baseball and golf gear to such trendy items as surfboards, wet suits and snowboards.

Fiander says that Cleve's is the perfect holiday-shopping destination because the store's staff has in-depth knowledge of various sports and the equipment that goes with them. "We keep up-to-date with new products, so we can provide a lot of expertise," she says.

And because of its downtown location in the busiest shopping district east of Montreal, the Spring Garden Road store also carries a large selection of clothing in styles that are popular with active customers of all ages. "We really keep up with the trends in clothing," says Fiander. "We've also got a great selection of winter jackets and footwear in stock."

Cleve's Spring Garden staff is gearing up for what they predict will be a busy holiday season in the stylish downtown shopping district.

Golf and tennis equipment are hot sellers at this time of year, even though the season for those outdoor sports is still several months away, along with swimwear for those planning midwinter getaways to warm locales and, of course, winter-sports gear for the snowboarder, skier, hockey player and curler.

"We've got four no-tax days scheduled before Christmas, which are always popular," says Fiander. "There's a real 'cool factor' that comes with the things we sell. We've got everything you need for a lot of fun sports."

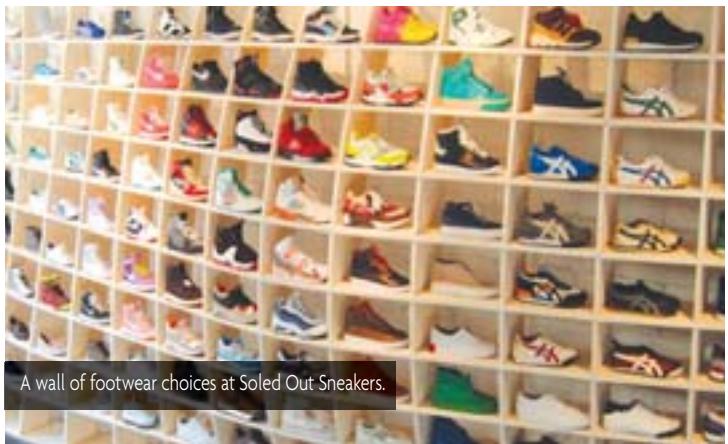
— Tom Mason

A helping hand

WishList program makes gift giving easy

Soled Out Sneakers manager and co-owner Alex Strum is used to seeing a broad cross-section of people, from teenagers to senior citizens, browse through the store's independent design-label clothing and footwear. He's proud that the merchandise sold

again this year," says Strum. "It's basically the same as a gift registry, where you can pick out items in the store and we'll put them in our system with your name and information for someone to come and purchase the items without you knowing. If an item is bought from



A wall of footwear choices at Soled Out Sneakers.

If an item is bought from the Christmas Wish List, the buyer will receive 10 per cent off the purchase as well as be entered to win a \$100 gift certificate!

at the store, located at 1512 Dresden Row, is unique in Halifax, but he also knows that choosing a unique holiday gift can be challenging.

"For those people who are hard to shop for, we're running our Christmas Wish List program

the list, the buyer will receive 10 per cent off the purchase as well as be entered to win a \$100 gift certificate."

The recently relocated Dresden Row store is doing well. "In the new location, we have gravitated even more toward local and

independent companies in both our clothing and footwear lines," says Strum. "Along with our own clothing label, we carry a few select lines created by local designers, and we have a few more independent sneaker brands as well. We feel that supporting locally owned and independent business is very important, that it's the lifeblood of our city."

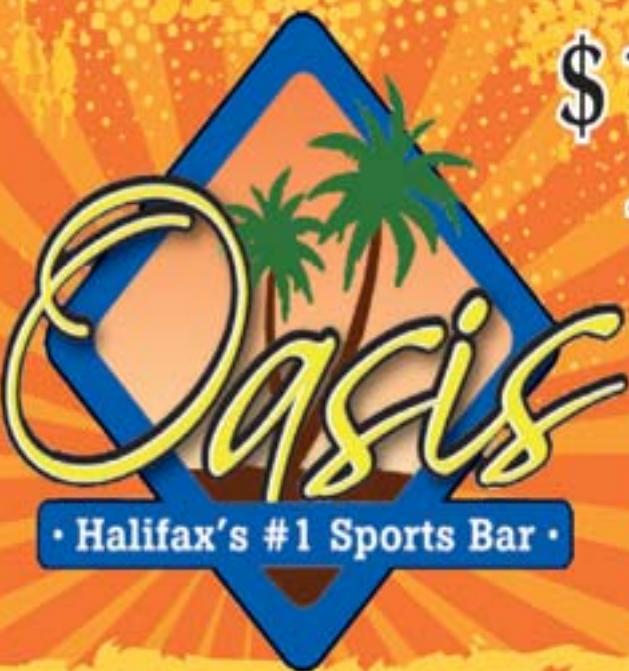
The holiday season is Soled Out's busiest. The store will be participating in the Spring Garden

Area Merchants Association's Shopping Under the Stars event on Dec. 10. On that day, the store will be open from 10 a.m. to 11 p.m. and there will be promotional discounts, as well as a draw to win a free pair of sneakers.

**SHOPPING
UNDER
THE STARS
DEC. 10**

"Christmas is our favourite time of year in the retail business," says Strum. "Even though people are rushing around from store to store, you can see the excitement on their faces."

— Shaina Luck



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--------------------------------------	---------------------------	--------------------------------------

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The right spirit

Bringing a world of fine tippling to the table

Premier Wine and Spirits manager Jim Foster has noticed a distinct change in customer attitudes since the Halifax wine store opened for business in the small shopping complex at 1535 Dresden Row three years ago. Call it the knowledge factor.

"Our customers are starting to become very knowledgeable about wine," says Foster. "When we first opened, Australian wines were the hot sellers because they were the brands our customers were familiar with. Today people are branching out. They're looking for great Italian wines, Chilean and Argentinean wines—wines from all over the world."

Halifax wine enthusiasts aren't being disappointed. Premier Wine and Spirits has carved out a strong niche supplying budding connoisseurs with wines, beers and spirits that

have never been seen in the province before, in every imaginable price range.

Premier has a huge selection from which to choose—more than 400 wines from around the world, along with various premium and rare single-malt Scotches and fine vodka, rum, tequila and liquors. All of them make perfect gifts for the tipplers on your Christmas list.

Unique and hard-to-find beer brands, particularly microbrewery products from across Canada and beyond, are also a specialty. "Microbrewery beers have become very popular with Haligonians over the last few years," says Foster. "The hoppiest they are, the better they like them."

That's not to say that customers have to be connoisseurs to take advantage of Premier's



The colourful bottles at Premier Wine and Spirits make ideal gifts at any time of year.

Tom Mason

selection; the store also offers knowledge at no extra charge. There are two sommeliers on staff who are experts in food-wine pairings, and Premier staff members are often asked to provide the wine list for parties and corporate events.

"A lot of people will pick up dinner at Pete's Frootique [downstairs from our store], then

come in and ask us what kind of wine will go with it," says Foster. Corporate gifts are also a store specialty.

The word of Premier's expertise is getting out. "We've been growing at about 10 per cent every month since we opened," says Foster. "Customers really like our selection, especially at this time of year." — Tom Mason

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Sweet Jane's

The many flavours of Christmas

Candy store has the right recipe for holiday memories

What would the holidays be without candy? The flavours of childhood infuse our Christmas memories, something that Sweet Jane's candy store at 5431 Doyle St. off Spring Garden Road knows all too

well. With its unique upside-down Christmas tree and spectacularly decorated windows, Sweet Jane's is a holiday feast for all the senses.

"We carry a great selection of retro candy," says

manager Janet Merrithew. That includes such favourites as Pez, Sweet Tarts, Beemans Gum and Baby Ruth bars, along with such seasonal

items as old-fashioned penny candy, barley candy, candy canes, Robertson's pink chicken bones and hundreds of other popular brands.

Filling the Christmas candy bowls and stockings is just the beginning. Sweet Jane's also has a wide range of one-of-a-kind gift items, including mugs, picture frames, party favours, retro toys, puzzles, teddy bears and collectibles. Too many choices? A Sweet Jane's gift certificate makes an ideal stocking stuffer.

Gourmet items such as cooking sauces, fine chocolates, teas and bread dippers are always popular during the holiday season, and Sweet Jane's New York Cupcakes are a store favourite all year long. You can even find the perfect Christmas card for everyone on your list. "We've got the best greeting cards in

Our custom made gift baskets are perfect for anyone on your list

town," says Merrithew. "People tell us that all the time."

Sweet Jane's gourmet gift baskets are another

popular item, particularly during the holidays. The baskets are the perfect solution for hard-to-buy-for friends and relatives. And the store delivers custom holiday gift baskets to businesses too.

"Each of our gift baskets is customized to the interests and personality of the recipient," says Merrithew. "Let's say you're looking for a great gift for a 20-year-old girl who really likes to cook, and she also likes cupcakes.

With that information, we can tailor the perfect basket for her."

GREAT
SELECTION
OF RETRO
CANDY!

As it says on Sweet Jane's website: "You might not be able to compete with the big man from the North, but this time around you do have a few elves up your sleeves." Sweet Jane's is certainly here to help ease your holiday-shopping experience.

— Tom Mason



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1595 Bedford Highway (Sunnyside Mall)

Curbing the clothing appetite

A new twist on an old passion



For unique looks at affordable prices, Halifax fashionistas flock to Twisted Muse Boutique.

Jenna Conter

Turning a passion into a business is no small feat, but 23-year-old Johanna Galipeau makes it look easy. In addition to owning Sweet Pea Boutique, Galipeau wanted to widen her grasp on unique

fashion and bring more variety to her native Halifax.

"On buying trips, I was getting a fraction of the line," she says. "It was killing me to pass up all

these amazing pieces at such an affordable price."

As luck would have it, the renovations at Halifax hot spot Mill's at 5486 Spring Garden Rd. made room for boutiques. Not wanting to transplant Sweet Pea Boutique, Galipeau jumped at the chance to open Twisted Muse

Boutique there in July. Galipeau is surprised but pleased that she has managed to create and maintain success so quickly. "Both stores curb the appetite of those looking for a more trendy or funky style," she says. "I'm keeping my eyes open to see what may happen next, but I'm really satisfied with what I have now—and I'm having a lot of fun."

LOTS
OF ONE
OF A KIND
ITEMS!

We are offering tax-free sales and additional discounts to help you get a jump on your holiday shopping.

"Unlike the big box stores that carry hundreds of the same item, we carry two to four of the same item, so they're unique pieces you won't see on everyone," she says.

Though she's up against the lure of big box variety, Galipeau's ace in the hole has always been her approach to business. "We have great customer service," she says. "We go above and beyond what's expected, whether it's helping someone choose an item or just letting them browse."

Twisted Muse Boutique is opening its doors this year to participate in the Spring Garden Road Merchants Association's Shopping Under the Stars annual holiday promotion on Nov. 19 and Dec. 10. Shops around Spring Garden Road, will be offering specials, tax-free sales and additional discounts to help people get a jump on their holiday shopping. "It's a great chance to get people downtown and have some extra time in the stores in the area before Christmas," says Galipeau. —Jenna Conter

Shopping Under The Stars

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A PERSONAL TOUCH

If charm is part of the reason shoppers flock downtown, one store has it in spades. Tucked away in a cozy Halifax condo, In a Box at 1468 Dresden Row has the perfect gift for the person who has everything.

Co-owner Lezlie Oler prides herself on the attention she gives each customer. Since 2007 In a Box has been offering a personal touch you'd be hard-pressed to find at a mall.

"We have a service known as Drive By Shopping, where a customer in need of a last-minute hostess gift can call in a description of the person and a price range, and we choose and gift wrap your item and walk it to your car," says Oler.

That care and attention extends to the holiday season. Customers can commandeer the store after hours and, with the assistance of either Oler or business partner Pam Piers, can finish their holiday shopping quickly and painlessly.

Delightful downtown

Sock It To Ya owner Rachel Budovitch knows that charm and great service motivate people to shop downtown. She has been in business since 1987, expanding over the years from a sock boutique to retailing undergarments, jewelry and warm-weather wear.

"We sell items you can find at the mall, but we offer service over and above," says Budovitch.

After 20 years at 5495 Spring Garden Rd., at the corner of Birmingham Street, the building is being torn down to accommodate a new development. Though Budovitch must find a new location, she's excited about additions to Spring Garden Road. "As long as we get more independent stores, it'll be positive for the downtown," she says.

Aviva Cohen most recently worked at Envy in Park Lane Mall on Spring Garden Road and



In a Box co-owner Lezlie Oler says the store has the perfect gift for the person who has everything



Add sparkle to your holidays with one of these sequined purses from In a Box.

Amanda Murphy is a regular downtown shopper who likes the familiarity of the small shops and the personal service she receives. "You always recognize the people who work downtown, and that makes you trust them and the products they're selling," she says. "It makes the shopping experience better." — Jenna Conter

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metro

News worth sharing.

How to put your stamp on the camel coat

► Just because it's the most inescapable item of the season, doesn't mean you can't make it your own. ► Take a cue from this real-life look, by working in unexpected details like bold prints and sheer fabrics.

Remix her style



TAMU MCPHERSON



METRO WORLD NEWS

Tip: You first bought your camel coat. Then you start-



1 ZARA CROMBIE COAT
\$229, zara.com

2 UNIQLO CASHMERE V-NECK SWEATER
\$80, uniqlo.com

ed seeing it on one woman after another (and another and another) on the street. Now what do you do? For one, embrace the challenge to flex the part of your personal style that makes you an individual.



3 DARLING LACE SKIRT
\$94, asos.com

4 CHURCH'S ANKLE BOOTS
\$570, netaporter.com



MORE WAYS TO PERSONALIZE YOUR CAMEL COAT

The beauty of the coat? It looks great with anything. The downside? It can read boring. So, punch it up!



NEW BUTTONS

► Swap out the coat's original buttons for something that reveals a little bit more personality such as a vintage-looking style with a metal crest or an oversized resin flower.



EXPERIMENT WITH ADD-ONS

► Have fun with add-ons by tying an embellished belt or velvet sash around the waistline. It will make your coat look more unique and help trap in heat on chilly days.

CHANGE THE LINING

► Pick out a boldly printed fabric. Take it to your nearest tailor (your neighbourhood dry cleaner should have one) and have the old lining replaced.

3 life

Style in brief



From the collieries to the royal court, the flat cap has been a favourite for generations.

Also known as the six pence or scally cap, it's less extravagant and easier to wear than brimmed styles.

It's also inconspicuous and lightweights, making New York Hat Company's style the perfect gift for the modestly fashion-conscious man in your life. It costs \$49 at mywardrobe.com.

• RICHARD PECKETT



Heidi Klum does New Balance line in chronological order, starting with daywear.

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Getting that winter glow

Clinton Hardesty, education director at ELEMIS, demonstrates how to keep your complexion radiant when harsh weather conditions and indoor heating dry it out.

1 Invest in a good night cream (no, the day cream won't work).

"Your skin goes through a reparative restorative phase at night and that's triggered by sleep, so finding a night cream that is especially oriented to the processes of your skin is very helpful during the winter," advises Hardesty. "They're designed to work synergistically with what your skin is going through during slumber," he adds. Try: *ELEMIS Pro-Collagen Oxygenating*



Bliss Peeling Groovy Serum, \$65
blissworld.com

Night cream, \$194
timetospa.com

2 Go easy on the exfoliation.

"Move away from granulated exfoliants in the winter and use more enzyme based exfoliants, which are gentler," he says.

Try: *Bliss Peeling Groovy Serum, \$65*
blissworld.com

3 Eye cream = youth serum.

Hardesty says eye cream is key. "In the winter, you don't have oil production in the curves around your eye area, so it's much more susceptible to drying out," he says. The skin around your eyes is also a lot more prone to aging.

Try: *Olay Total Effects Eye Cream, \$12*
www.olay.com

• TINA CHADHA

Problem Solved

FAKE YOUR TAN

TALIA SHOBROOK
MAKEUP ARTIST



?

I'm starting to look pale, but I don't want to go to a tanning salon. I'm also wary of the bottle tans. Are there any other ways to fake a healthy, sunny glow?

Cressida

"Use a daily tanner that will build up colour slowly and subtly such as St. Tropez Gradual Tan Everyday," says Talia Shobrook, who has created beauty looks for celebs including Taylor Momsen and Kate Bosworth. "Don't overuse the bronzer. Use it like a blush to sculpt the face," she says.

St. Tropez, \$30
sttropeztan.com

Men's winter moisturizer

► These winter products don't just add moisture, they are tailored to meet specific needs of manly skin

OK, we all know that moisturizer calms dry skin and it should be used on a daily basis, especially during the dry months of the winter season.

But the new wave of men's offerings do so much more.

Most notably, they ease the stress of constant shaving, which actually strips

the skin of several layers. From razor burn to overall soreness, these day creams help smooth out winter's facial tricky spots.

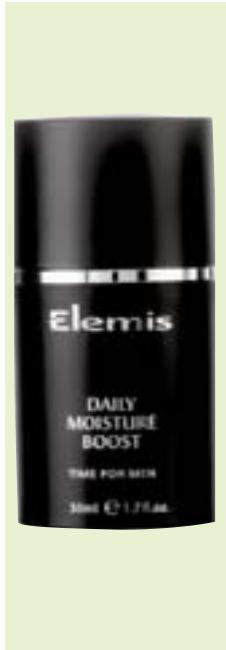
● RICHARD PECKETT



1 L'ORÉAL MEN EXPERT COMFORT MAX
\$16, lorealparis.com



2 LAB SERIES INSTANT MOISTURE GEL
\$26, labseries.com



3 ELEMIS DAILY MOISTURE BOOST
\$65, timetospa.com



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SHOPPING UNDER THE STARS - NOVEMBER 19
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DOWNTOWN FABULOUS



Girdles and stockings and slips – oh, my!

With Mad Men celebrating the hourglass figure in every episode, the fashion world isn't far behind

The hourglass shape embraced on Mad Men is being celebrated by the retro-TV-show-obsessed fashion world as a refreshing trend after a wave of pin-thin runway looks.

Yet perfect curves don't quite come naturally, either.

Enter "underpinnings," says the show's costume designer Janie Bryant.

Her wardrobe closet has long-line bras, girdles, stockings and slips, and it's not uncommon for someone to be wearing them all at once.

That's how it was in the early 1960s, she says, and there are some lessons to be learned, even for the most modern woman.

"Your underpinnings affect how clothes fit and how they look," Bryant explains. "The fit of your bra or your shapewear under your skirt can accentuate your waist or your bust. In trousers, shapewear leggings can make you look smoother or slimmer."

Who wouldn't want that?

Bryant chronicles her advice, which she's been talking about since she worked on the HBO show Deadwood, in her new book The Fashion File: Advice, Tips and Inspiration from the Costume Designer of Mad Men.

Most important: Check the back view in the mirror. "The most important thing is no panty lines!"

Also, she says, know your accurate measurements, have on hand a variety of bra silhouettes, including a seamless T-shirt version and a demi-cup balconette that creates a shelf of cleavage for low-cut styles, and decide what shape you'd like your body to take.

In this era of bust-enhancers and bottom-slimmers, shapewear can act as a sculpting tool.

Of course, that's where it started for women in the Victorian times, she notes.

"I'm so interested by bustle cages and corsetry, and I started thinking about the fascination of manipulation when it comes to the female form," says Bryant, interviewed at the Manhattan headquarters of lingerie brand Maidiform. She's an advisor to

the company, making in-store appearances to help guide women toward the right piece for their body types.

Corsets pull you in at the middle, draw the eye to the bust and hips to match very feminine-shaped styles while forcing your posture to be, basically, perfect. They were popular at the turn of the 20th century when shape (not skin) helped define "sexy."

Later, in the 1920s, when the fashionable silhouette became almost boyish, Bryant says, women would put on undergarments that were delicate and with little or no structure, freeing them from the corset and complementing their flapper dresses. When bias-cut, clingy dresses became en vogue the next decade, women wanted smooth satin lingerie.

The 1950s and '60s were about the body-hugging knit "wiggle dresses" that Mad Men's Joan Holloway is so fond of, and, for that, you needed serious foundation, maybe even one of Joan's rocket-cup, long-line bras that comes down to the waist.

By the late '60s, though, women were burning bras.

Over the last century, the biggest change in undergarments, however, was the invention and adoption of stretchy Lycra, Bryant says, which offered versatility of shape and much more movement.

Think of silk stockings, which were so precious, so easily damaged and in need of garters to hold them up. While they were pretty and sexy, they were a pain, Bryant says.

Nylon-and-Lycra-infused pantyhose, complete with a panty top, were revolutionary for a generation of women who started working in earnest in the 1970s.

But even Lycra pantyhose has largely gone by the wayside as women found shapewear (think Spanx or Flexees) that is the more relaxed cousin of the slenderizing girdle.

"At its heart, foundation is about shape. Modern undergarments can achieve that and be comfortable, too," Bryant says. "We really have come a long way."

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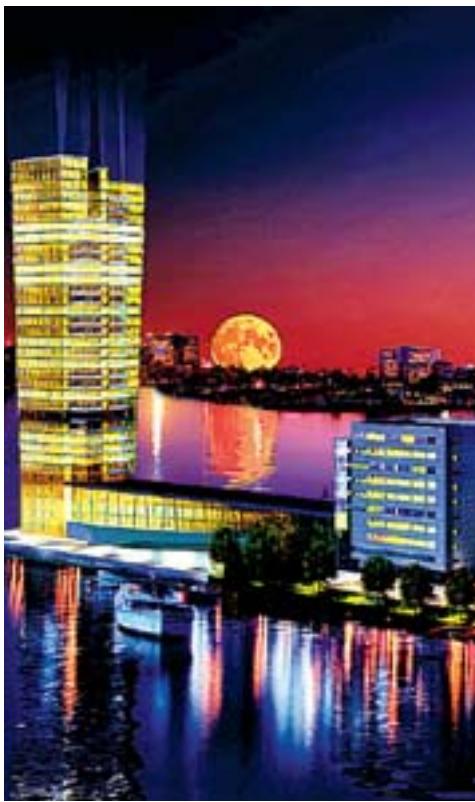
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► Dartmouth's King's Wharf project will bring 5,000 people to live and work in the city centre



► This image of a suite at King's Wharf shows off the stunning views of Halifax Harbour.

The view from the other side

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SUITE TALK

JON TATTRIE
HOME@METRONEWS.CA

After a brief delay caused by last week's deluge, Dartmouth's biggest construction project is back on track.

"We're moving after the seven days of rain. It slows down things," King's Wharf developer Francis Fares of Fares Real Estate said last week as the rain cloud finally lifted from Nova Scotia. "We're hoping between

now and Christmas, we'll get out of the parking level and start going up."

Work on the \$500-million project is currently mostly underground, but the complex's planned 300,000 square feet of commercial and office space, rental units and condominiums will eventually bring 5,000 people a day to the downtown area.

About 3,500 of those will live in King's Wharf and the rest will work and visit, said Fares.

The waterfront views

of downtown Halifax will be another plus, he said. Fares hopes it's a step toward balancing the power of the sister cities.

"Hopefully we'll gain momentum as this project starts to be a little more dominant," he said.

The first two buildings are a 90-unit rental space and an 80-unit condominium. He said the condos are approaching 60 per cent sold and the first owners are scheduled to move in Sept. 30, 2012.

Learn more at kingswharf.ca.

Historic site

► King's Wharf is being built on the Dartmouth Marine Slips site. A sawmill was built there early in Halifax-

Dartmouth's history and a wharf was added to facilitate small boats and barges carrying lumber to Halifax.

► Tradition has it was called the King's Wharf, and the first road leading from the forest to the wharf was called King Street.



Serenity of a nature preserve.



This quiet cul-de-sac community features fully serviced homesites in the neighbourhood of Pine Grove and Theakston, bordering on the nature preserve and trails of MacIntosh Run. Close to nature yet within walking distance to schools, retail services, churches, community centre and much more all just minutes from Downtown.



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Help yourself

- Buffets are an easy way to feed a crowd during the holiday season
- You can make everything ahead of time and reheat when guests arrive

You can actually feel like a guest at your own party this holiday season by hosting a buffet-style dinner.

Toronto catering chef Charmaine Baan says a buffet is a perfect alternative to a formal sit-down dinner, which can include numerous details that can often be stressful to manage.

"Alternatively, buffet entertaining maximizes your time, budget and energy because it provides a variety of options when catering to a larger group of people," she says.

Baan says there is a trend to buffets at holiday

time and she has several lined up already.

"Buffets have so many ways to make it easy to serve," she says. "If you don't have a lot of seating in your house or a large dining table, it can be very casual by putting stations around the house so people can help themselves."

Baan says this type of entertaining means that the host has more time to spend with their guests.

"Choose buffet items that can be prepared in advance and later cooked or reheated in the oven before serving."

Everything, Baan says, is less stressful and the

host doesn't have to decide when the next course is to be served or how he or she is going to plate something for a large group.

"Put out a wide selection of dishes, such as lasagna, for the less adventurous guests and maybe a vegetarian choice. And also something spicy for your more adventurous guests."

You can offer plenty of variety. Besides serving hot dishes, cold salads are great options, such as couscous or quinoa, because they work really well and are a contrast to the heavier choices," Baan

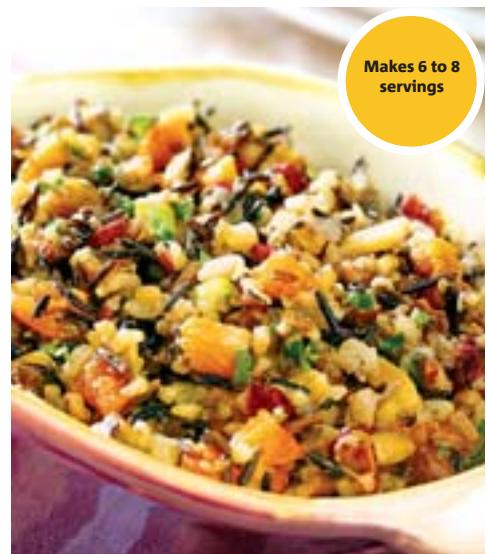
says.

If the party is an open house or a come-and-go affair, make sure the buffet is available for a good amount of time.

"And so far as dessert is concerned, you can clear the buffet away and bring out the desserts or have two tables, one for the regular meal and the other for desserts if people are arriving throughout the afternoon or evening."

Baan also likes to provide cheese and vegetable plates in various locations throughout the house for guests to nibble on.

THE CANADIAN PRESS



Asian-inspired Beef Maki Rolls lend sophistication to any party platter.

Beef Maki Rolls Preparation:

1 Arrange 3 beef slices, each about 18 by 10 cm on 3 separate sheets of plastic wrap. Divide onions, pepper and mango slices evenly among each piece of beef; lay slices across beef at end closest to you. Tightly roll meat around vegetables to form a log, using plastic wrap. Refrigerate for 30 minutes or up to 1 day.

2 In a small bowl, stir together soy sauce, rice wine and sugar until sugar is dissolved.

3 Remove rolls from plastic wrap. Place in a

small baking dish and pour soy marinade over them, turning to coat. Marinate, turning occasionally, for 15 minutes.

4 Heat a heavy skillet over moderately high heat until hot. While skillet is heating, lift rolls out of marinade and pat dry. If rolls won't stay closed, secure at regular intervals with toothpicks. Add oil to skillet, swirling to coat bottom, then cook rolls with any extra marinade, turning with tongs, until well browned on all sides, 2 to 4 minutes total.

5 Transfer rolls to cutting board and let sit for 5 minutes. Sprinkle sesame seeds over rolls. Slice each roll crosswise into 8 pieces.

THE CANADIAN PRESS



Ingredients:

- 500 g (1 lb) thinly sliced outside round beef, about 3 pieces, 3 mm (1/8 inch) thick
- 3 green onions, trimmed
- 12 thin slices red pepper
- 12 thin slices ripe mango
- 30 ml (2 tbsp) soy sauce
- 15 ml (1 tbsp) rice wine
- 10 ml (2 tsp) sugar
- 15 ml (1 tbsp) vegetable or canola oil
- 15 ml (1 tbsp) sesame seeds
- Sweet chili sauce, for dipping (optional)

Ingredients:

- 500 ml (2 cups) wild rice (or wild rice blend), rinsed
- 125 ml (1/2 cup) dried cranberries
- 125 ml (1/2 cup) chopped raisins
- 125 ml (1/2 cup) dried apricots
- 125 ml (1/2 cup) toasted slivered almonds
- 1.25 to 1.5 l (5 to 6 cups) chicken broth (approx)
- 250 ml (1 cup) orange juice
- 30 ml (2 tbsp) melted butter
- 5 ml (1 tsp) ground cumin
- 2 green onions, thinly sliced
- 30 to 45 ml (2 to 3 tbsp) chopped fresh parsley
- Salt and black pepper

This recipe can be cooked for a period of hours in the slow cooker. It is elegant and a good accompaniment to other dishes on the buffet table.

Wild Rice with Fruit and Nuts Preparation:

1 To toast almonds, spread in a single layer

in a heavy-bottomed skillet. Cook over medium heat for 1 to 2 minutes, stirring frequently, until nuts are lightly browned. Remove and let cool.

2 To toast almonds, spread in a single layer in a heavy-bottomed skillet. Cook over medium heat for 1 to 2 minutes, stirring frequently, until nuts are lightly browned. Remove from skillet immediately. Let cool before using.

3 In a slow cooker, combine wild rice, cranberries, raisins, apricots and almonds.

4 In a bowl, combine broth, orange juice, butter and cumin. Pour over rice and stir to mix. Cover and cook on low for 7 hours or on high for 2 1/2 to 3 hours. Stir once, adding more hot broth, if necessary.

5 When rice is soft, add green onions and parsley. Adjust seasonings, if desired. Cook for 10 minutes longer and serve.



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Glazed Mushrooms



Glazed Mushrooms Preparation:

- 1 In a measuring cup or small bowl, mix vinegar, lime juice, sugar, garlic and hot red pepper flakes; set aside.
- 2 Heat a large skillet or wok over medium-high heat. Add mushrooms and stir-fry for 3 to 4 minutes. Add walnuts to skillet and stir in

cook and stir constantly for 2 to 3 minutes or until lightly toasted. Remove and set aside.

- 3 In same skillet, heat oil over medium-high heat; add mushrooms and stir-fry for 3 to 4 minutes. Add walnuts to skillet and stir in

Ingredients:

- 50 ml (1/4 cup) each balsamic vinegar and lime juice
- 45 ml (3 tbsp) brown sugar
- 2 large cloves garlic, minced
- 2 to 5 ml (1/2 to 1 tsp) hot red pepper flakes
- 250 ml (1 cup) broken walnut pieces
- 45 ml (3 tbsp) vegetable or olive oil
- 500 g (1 lb) small fresh mushrooms (white or cremini)

vinegar mixture while stirring constantly for 2 to 3 minutes.

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in her world

Beauty product and fragrance suggestions for the special lady on your list {page 22}



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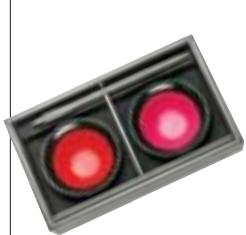
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► Holiday gifts for her: Covetable cosmetics for the lady in your life by Janine Falcon



1

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2

NARS Bento Box, \$140 (limited edition)
Unique makeup items, such as these porcelain Kabuki cups with luxe lipstick interiors, score high on the holiday-delight meter. Holt Renfrew.



3

Deborah Lippman nail polish, \$24 each
Nail adornment has never been hotter. Deborah Lippman's glittering Boom Boom Pow and Today Was a Fairytale polishes are festively fabulous. Murale.



4

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5

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6

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- Mooseheads win first of two-game set with Huskies
- Improve to 2-2 on six-game homestand
- Rematch set for tomorrow at 7 p.m.



Freshman onslaught for Mooseheads

MATTHEW WUEST
@METRONEWS.CA

The Halifax Mooseheads' rookie gains were the Rouyn-Noranda Huskies' continued pain.

Czech sniper Martin Frk led a freshman onslaught with his first QMJHL hat trick and an assist as the Mooseheads extended the Huskies' dismal losing streak to 13 games with a 6-1 drubbing at the Metro Centre.

The Mooseheads, a struggling team themselves with five losses in six games, received all of their goals from rookies and were buoyed by a solid 29-save showing from first-year goaltender Anthony Terenzio.

"We're feeling great after this win," said Terenzio, who was named the second star. "That's a lower team in the standings

"Terenzio was unbelievable, spectacular save after spectacular save. You've gotta feel confident with a goalie like that making saves back there. It's good for the team."

MOOSE D-MAN TREY LEWIS, ON THE GOALTENDING OF ANTHONY TERENZIO

there, but every game matters. To get the two points is big."

It was a natural hat trick for Frk, who scored consecutive goals in a span of less than 17 minutes. His first came on a breakaway; his

second was batted in during a goal-mouth scramble; and his third was a bullet into the top corner after a Huskies turnover.

The 17-year-old was the game's first star and is now tied for 14th in

QMJHL scoring and leads all rookies with 28 points in 24 games.

"He's just been playing unreal," said first-year blue-liner Trey Lewis, who was the third star with a goal and an assist. "It's just incredible to watch him in the offensive zone."

Terenzio, making his 12th appearance in the Q, provided some stability in the crease after a couple of shaky outings by 19-year-old Mathieu Corbeil.

"I felt pretty comfortable," Terenzio said. "I think I was just so excited to get a start and get a shot here. I'm going to try to keep moving forward from here."

Right-winger Darcy Ashley closed in with a goal and an assist and centre Francis Turbide had the other goal.

The Mooseheads, 8-15-1, host the Huskies again tomorrow at 7 p.m.

Moosehead rookies to head to U-17

Halifax Mooseheads rookies Simon Desmarais and Luca Ciampini will represent Quebec at the world under-17 hockey challenge

in December.

The event runs from Dec. 29 to Jan. 4 in Winnipeg and Portage La Prairie, Man.

Desmarais, a defenceman, has two goals and three assists and a plus-9 rating in 20 games. Ciampini, a forward, has two goals and five assists in 13 games. ■ METRO

Pridham, Fergus lead Huskies

Three-goal outings from Colby Pridham and Cam Fergus powered the Saint Mary's Huskies to an 8-6 triumph over the Acadia Axemen in Atlantic University Sport hockey play at the Forum last night.

David MacDonald and Tyler Hawes had the other goals as the Huskies improved to 6-3, third in the AUS behind the New Brunswick Varsity Reds (8-2) and P.E.I. Panthers (6-3-1).

In other action last night, the Dalhousie Tigers fell 5-2 to the St. Francis Xavier X-Men at Memorial Arena and are now 4-6, seventh in the eight-team circuit.

■ METRO



Sports in brief

Mill Rats sign Gilchrese

PBL. The Saint John Mill Rats have made former Halifax Rainmen point guard Eric Gilchrese one of their first signings.

Gilchrese, who previously played for the Mill Rats when they were based in Manchester, N.H., spent the second half of last season with the Rainmen, averaging 8.7 points per game in six outings and playing in the Premier Basketball League all-star game.

Sea Dogs sit pretty at No. 3

QMJHL. The Saint John Sea Dogs have climbed to No. 3 in the Canadian Hockey League's latest top-10 ranking. The QMJHL-leading Sea Dogs, featuring Halifax's Steven Anthony and Cole Harbour's Stephen MacAulay,

have an 18-3-2 record.

■ METRO



Quoted



"There's been a lot of turnover on that team and I haven't played with too many of those guys, looking at the film. It's a different-looking team and all that's put behind, at least for myself and my team, and I'm sure they've moved past it. I'm sure we're both just looking at the possibility of winning this game and looking forward to the Vanier Cup."

CALGARY DINOS
QUARTERBACK ERIK GLAVIC TO THE CALGARY HERALD DISCUSSING HIS FORMER TEAM, THE SAINT MARY'S HUSKIES. THE DINOS AND HUSKIES CLASH IN THE MITCHELL BOWL CANADIAN INTERUNIVERSITY SPORT FOOTBALL SEMIFINAL ON SATURDAY IN CALGARY.

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Bosh's woes provide fodder for comic rap

► Bloggers make video that mocks former Raptors star for promising a lot but delivering little so far for Heat

Chris Bosh's breakup with Toronto hasn't gone as smoothly as either side would have liked.

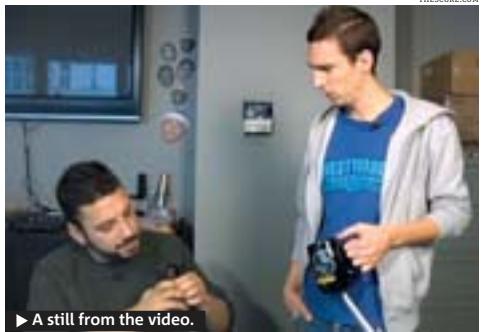
A month ago, Bosh was criticized — justifiably — for saying in an interview that playing in Toronto limited his exposure to fans worldwide.

Last week he was ridiculed — excessively — for complaining in the media that he couldn't view games on NBA League Pass while he lived in Toronto.

And last Thursday, the six-foot-11 Bosh was "posited" — dramatically — by Celtics point guard Rajon Rondo, who soared past the tallest member of the Heat's Big Three on his way to an emphatic dunk.

But if you think Bosh has had enough you haven't met the guys from The Basketball Jones, a popular hoops blog on The Score's website. Yesterday, the blog became the latest to lampoon Toronto's departed star in a video called Like A Bosh.

Basketball Jones co-editor J.E. Skeets (real name Phil Elder) said inspiration for the video came as fans discussed the Rondo dunk



► A still from the video.

on Twitter, with one tweeter using the hashtag #likeabosh.

"It had built up to that point," Skeets said. "The Heat are getting punked by the Celtics again and Bosh ain't really bringing it and gets on a poster. That's when the idea for the video game about."

In the setup, a guy in an office, The Basketball Jones co-editor Tas Melas, can't get his new stapler to work, prompting Skeets to explain the stapler promised a lot but delivered little.

Like a Bosh.

To drive his point home Skeets launches into a minute-long rap song skewering everything from

Bosh's changing hairstyles to his ex-girlfriend to his oft-replayed failure to even contest Rondo's thunderous dunk.

The rap doesn't rhyme but that doesn't matter to basketball fans seeking a laugh. By early yesterday afternoon, the video had been shared more than 1,000 times each on Facebook and Twitter.

And while Bosh's slow start in Miami has given the guys at The Basketball Jones plenty of material for viral videos, Melas knows Bosh's struggles won't last forever.

"He's too good not to turn it around," he said.

TORSTAR NEWS SERVICE

Argos tailback vows to protect his quarterback

To get to Toronto quarterback Cleo Lemon, Diamond Ferri and the Montreal Alouettes are going to have to first go through Argonauts tailback Cory Boyd.

Ferri officially kicked off the war of words leading up to the East Division Final on Sunday (TSN, 1 p.m. ET) by calling Lemon "shark bait" and stating Tuesday the well-rested Alouettes, who had last week off after finishing atop the conference standings, would hit the Argos quarterback hard and often.

Yesterday, the usually happy-go-lucky Boyd quickly came to his quarterback's defence.

"If he thinks whatever he feels about Cleo, tell him to come see me,"



"I've been doing this for a long time and getting into my head is pointless. You can try that with somebody else."
ARGOS QB CLEO LEMON

Boyd said. "If he thinks he's going to do something to my quarterback, no, negative, it's not going to happen."

"I'm his personal protector."

Although the two teams split their four regular-season meetings, the defend-

ing-champion Alouettes head into the division final as the favourite after finishing atop the East Division with the CFL's second-best record (12-6).

Argos head coach Jim Barker shrugged off the rhetoric.

"I'd like to have Cory Boyd back there as my protector," he said. "It's talk and when the game starts, the game starts."

"I'm sure there will be things said during the week. Bottom line is when the kickoff happens, 12 guys run on to the field for each team and the best team is going to win."

The upstart Argos (9-9) finished third in the division under Barker after posting a league-worst 3-15 record in 2009.

THE CANADIAN PRESS

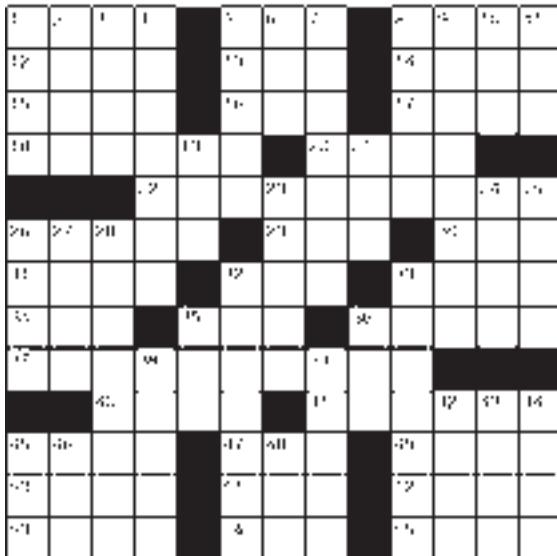
Crossword

Across

1 Son of Noah
5 Run for exercise
8 Salver
12 Carte
13 Before
14 Test the waters
15 Language of Pakistan
16 Timetable abbr.
17 Grandson of Eve
18 New Zealand discoverer
20 Timid
22 Marked by integrity
26 Computer fodder
29 Individual
30 Ultramodernist
31 Prevents
32 Agent
33 Culture medium
34 Judge Lance
35 Literary collection
36 Failing the white-glove test
37 Firing
40 Speech impediment
41 Human, e.g.
45 Sacred bird of Egypt
47 Shell game need
49 Slithery
50 Rational
51 Early bird?
52 Schnozz
53 Creche trio
54 Pirotette pivot
55 "— company, ..."

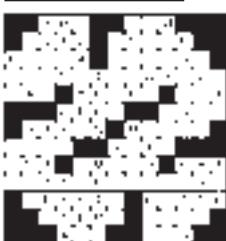
Down

1 Pornography
2 Wife of Zeus
3 Tackles' teammates
4 Loose garb for islanders



5 Unisex casual wear	27 Intl. defense group
6 Bobby of hockey	28 In search of prey
7 Deutschland	32 Brief passage
8 Classic suit material	33 Add to
9 Seeded players' concerns	35 Fool
10 Big bother	36 Modern-day evidence
11 "Of course"	38 Japanese-American
19 Suitable	39 Picture
21 Compass dir.	42 Cat call?
23 November birthstone	43 As well
24 Spruced up	44 Corrosive alkalis
25 Like the "Saw" movies	45 Tenet
26 Footnote abbr.	46 Ovine remark
	48 Id counterpart

► Yesterday's answer



Sudoku

8	6							
7	3				5	6		
			6	2			4	
2	9			6	8			
		4				1		
			3	4	6		5	
9				3	7			
8	4				3	1		
			2		5			

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

1	9	5	6	4	3	7	8	2
8	7	3	2	9	5	6	4	1
2	4	6	1	8	7	5	9	3
7	5	1	4	2	8	3	6	9
4	8	2	7	3	9	8	1	5
3	8	9	6	1	0	2	7	4
9	3	4	8	7	2	1	5	6
5	1	8	3	6	4	9	2	7
6	2	7	9	5	1	4	3	8

Yesterday's answer ►

Today Friday You have voted us #5 for best forecasts on TV. Thank you Canada! TWN incorporates MDC data

Today's horoscope



For today's crossword answers and for expanded horoscopes, go to metronews.ca

Aries March 21-April 20
There is no such thing as chance: everything happens for a reason, and your task today is to reason why you have been denied access to something you desire.

Taurus April 21-May 21 If you compare yourself to other people you will be disappointed as there will always be others who achieve more than you. Compare yourself to who you were yesterday and the day before.

Gemini May 22-June 21 Be true to yourself and don't cut corners. You can bend the rules if you wish but your conscience will nag at you for not living up to your high ideals and standards.

Cancer June 22-July 22 If you are finding a simple task difficult for some reason then maybe you should take it as a sign that you need a break. You have been pushing yourself rather hard of late.

Leo July 23-Aug. 23 There is a confidence about you at the moment that is really quite eerie. The gods of change are about to move the world in your favor.

Virgo Aug. 24-Sept. 22 As a Virgo you know that the simplest solution is usually the right solution and you won't go far wrong if you apply that knowledge to a relationship. Jupiter is moving in your favor again and you must move too — for love.

Libra Sept. 23-Oct. 22 What happens today will remind you that it's always a mistake to assume that things will stay the same. If you stay flexible and move with the times you'll benefit in ways you cannot imagine.

Scorpio Oct. 24-Nov. 22 Jupiter, planet of good fortune, urges you to put your own interests first today and do only what benefits you. Is that selfish? Maybe. So what!

Sagittarius Nov. 23-Dec. 21 You know that if you go to extremes you will provoke an equally extreme reaction, so why are you toy ing with the idea of doing something that is sure to annoy a lot of people?

Capricorn Dec. 22-Jan. 20 You don't take well to criticism and that could lead to problems today as someone is intent on telling you where you've been going wrong.

Aquarius Jan. 21-Feb. 18 You may have to lower your sights a little today, especially if you discover that your cash flow situation is not as good as you would like it to be. Have you been living beyond your means?

Pisces Feb. 19-March 20 You have achieved a lot in recent weeks and you will achieve even more when the Sun crosses the midheaven angle of your chart in a few days time. It's okay to be ambitious. ■ SALLY BROMPTON

Caption contest



"That's gonna hurt..."
TABATHA



WIN! You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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Show some love! Send a note to somebody special at kiss@metronews.ca

I have a really important question for you. Jenna Kaylee Merrick, will you marry me? Sincerely yours. NILLY XOXOXO

Hey Baby, Just want you to know that I love you more and more each day. Each time we are together is like the first time we met and getting better. I smile each and every time I think of you throughout my day and when the weekend comes I am sooo excited because I know I will be seeing you. LOVE YOU VERY MUCH BABY....!!!

Nicholas, I love you soooo much! I even bought a gold fish and named it after you! For ever and ever babe. I love you buckets! YOUR SWEET-PEA

While the world is turning into the white, I am thinking about you and missing you all the time. I wish I could spend time with you. Love you, SUE TEI

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- Trailer Hitch

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- Chrome Package - Mirror, Grill, Running Boards
- Leather Wrapped Steering Wheel/Audio Controls



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- 5.7L Hemi V8
- Trailer Brake Control Group
- Security Group
- Power & Remote Entry Group
- Class IV Hitch



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- Uconnect Hands Free Communications
- Security Group
- Light Group
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11RQ6053

\$295 BI WK

2011 Ram Crew Cab Laramie
11RC6321

\$307 BI WK

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